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**43 KILLED IN RUSSIAN
HOCKEY JET CRASH
CANADIAN AMONG
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**PERSONAL TOUCH
JBRU'S POLICY
IS HONESTY
SCENE** {page 12}



HALIFAX

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Thursday, September 8, 2011
www.metronews.ca



News worth sharing.

Not if, but when

► Penguins open training camp on Sept. 16, but no mention of Crosby taking part ► Hasn't been ruled out of Oct. 6 season opener

Sidney Crosby will make a full recovery from a brain injury and will play again in the NHL. The Cole Harbour hockey star is certain of it, and so are the concussion specialists who are treating him.

The question is when. Right now, neither the medical experts nor the Pittsburgh Penguins can make an accurate guess when the NHL's signature star will play again.

Despite the rapid, measurable progress Crosby has made since being bothered again by post-concussion symptoms while doing arduous conditioning work last month, there is no accurate estimate when he will play again for the Penguins.

Next month? Next year? Who knows.

"I have no earthly idea," said Michael (Micky) Collins, who heads the University of Pittsburgh Medical Center's concussion-testing unit.

"Pretty slight. I wouldn't bet on that."

SIDNEY CROSBY ON THE POSSIBILITY OF RETIRING DUE TO HIS CONCUSSION

Crosby, speaking publicly yesterday for the first time since late April, said only he was sure he would play during the 2011-12 season, which begins next month and runs through the Stanley Cup final in June.

"This is the best I've felt for a long time," Crosby said at a news conference that attracted many reporters from the United States

and Canada. "The last three weeks have been really good. I feel myself getting better and better."

The Penguins, relieved that Crosby apparently will make a full recovery from the type of head injury that has ended careers, cautioned he won't be back on the ice until he is fully recovered from a severe concussion that occurred following hard hits in successive games Jan. 1 and 5.

He was the league's leading scorer when he suffered the head injury.

Crosby missed the rest of the season and it now appears he may miss at least the start of the 2011-12 season.

Still, Penguins general manager Ray Shero said, "He's worth the wait." **THE CANADIAN PRESS**

Step by step

Sidney Crosby was cleared in early June to resume working out, and he began more strenuous on-ice work in the Halifax area in mid-July.

But shortly thereafter, he had more post-concussion problems that forced him, in the Penguins' words, to adjust his

workout schedule.

About then, Crosby began working with Ted Carrick, a specialist in patients who have experienced concussions involving the vestibular system. That part of the brain controls a person's ability to move naturally and the sense of balance.

Crosby, so uncomfortable after being injured that he

couldn't concentrate on watching game video, has experienced measurable gains since he began working with Carrick.

Considering how far Crosby has come since he couldn't ride in a car last winter without being disoriented, Carrick is pleased that a full recovery now appears imminent.

THE CANADIAN PRESS

► Sidney Crosby talks during a news conference yesterday in Pittsburgh about his recovery from a concussion he suffered in January.

GENE J. PUSKAS/THE ASSOCIATED PRESS

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3-year rate hike a sticking point

There was progress — but no resolution — for the third straight weekly meeting between Nova Scotia Power and consumer advocates yesterday.

Representatives from the energy utility met with advocates yesterday morning to outline a proposed deal for a multi-year rate hike. After spending a morning reviewing the offer, advocates proposed a counter-

offer to Rene Gallant, NSP's vice-president of regulatory affairs.

One of the major sticking points in the negotiations seems to be the timeline for the increase. NSP has argued that spreading the rate hike over three years softens the blow to ratepayers. But the advocates don't seem so sure.

Don Regan, energy superintendent for the Berwick Electric Commission, said he doesn't accept that suggestion.

"(A multi-year deal) involves the deferral of fuel costs, with bearing interest," he said. "I suspect that any such arrangement costs more over the long run."

Consumer advocate John Merrick was less equivocal.

UARB hearing

The UARB hearing into proposed power rate hikes begins on Sept. 19.

"I would say the chances of a multi-year agreement are about the same as a snowball on a very hot summer day," Merrick said.

Merrick said there is an advantage in dragging the utility in front of the Utility and Review Board every year: to justify any proposed rate increases — something he calls "regulatory discipline."

That said, Merrick was optimistic a deal with the utility could be reached before this month's UARB hearing. ● ALEX BOUTILIER

Community garden vandalized

► The garden, used by 18 families, is located behind the now-defunct St. Patrick's-Alexandra School



JENNIFER
TAPLIN
@METRONEWS.CA

Vandals have torn through a Halifax community garden, ripping up sunflower stalks and leaving behind half-eaten carrots.

"It's very discouraging. This shouldn't happen," said one of the garden's custodians, a man who only wanted to be referred to as Mr. Loppie.

"You try to do good for everybody and people don't respect (it)."

He said on Tuesday night intruders ripped up sunflowers and stuffed them into the water tanks at the North End Community Garden on Brunswick Street. Several vegetables were ripped up and shredded and there was some damage to the wire fencing.

Several family plots were damaged as were the

Hope Blooms

Eighteen families use the North End Community Garden and about 35 kids are involved in the salad-dressing project.

plots for the children's group who make and sell salad dressing under the label Hope Blooms.

Until now, the four-year-old garden project has only seen very minor vandalism. "I'm just concerned about the kids and everybody else involved in the garden," said Coun. Dawn Sloane. She added someone grabbing a few carrots is one thing, but senselessly ripping out vegetables when people are hungry is a real shame.

Loppie said their plans for a charity vegetable sale yesterday were also ruined.



► Mr. Loppie shows the damage to a sunflower in the North End Community Garden yesterday.

RYAN TAPLIN/METRO



What does spring break have to do with teen-pregnancy rates? Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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metronews.ca

Jason Priestley gives a hint of what to expect from the upcoming season of *Call Me Fitz*. Video at metronews.ca



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It's More Than Buses looks for more people

► New urgency in light of proposed Bayer's Road project: Group



ALEX BOUTILIER
@METRONEWS.CA

About 100 people converged on the World Trade and Convention Centre last night to brainstorm ideas on how to get the greater Halifax community engaged in transit issues.

It's More Than Buses, an initiative launched by Dalhousie's Centre for Planning and Design and FUSION Halifax, held its third and final public meeting yesterday.

While the first two sessions focused on transit needs and patterns, the final session was focused on arguably the hardest part — how to transform the movement from a smaller group of the ultra keen to a proper populist movement decision makers cannot ignore.

"We're brainstorming

(about) how do we build this up even further?" said Ross Soward, a community planner at Dalhousie University. "How do we make this a populist movement that can't be ignored, that is 10,000 people as opposed to 200 people in a room? Which is a challenge."

To that end, the group has reached out via social media platforms, such as Facebook and Twitter, to allow people to latch on, get better informed about transit issues, and — hopefully for organizers — provide support.

While the public meetings have ended for now, Soward said the group will remain active. Next on the radar is a meeting hosted by Coun. Jennifer Watts and Coun. Jerry Blumenthal on the proposed expansion of Bayer's Road.

Free. Love



► He may not have been feeling the love from this batch of pedestrians yesterday, but Bryn Karcha and other Dalhousie University students were in downtown Halifax collecting money for cystic fibrosis research during the annual Shinerama event.

RYAN TAPLIN/METRO

Raising money for cystic fibrosis

NewPage lost \$50M US in last year: Documents

Court documents show NewPage has been trying since April to sell a Cape Breton paper mill that lost \$50 million US in the last year.

In an affidavit filed yesterday as NewPage seeks protection from its creditors in the Supreme Court of Nova Scotia, mill manager Tor Suther says the Ohio-based company enlisted the services of an investment bank with expertise in the forestry sector to search for

potential purchasers.

He says the New York-based Sanabe & Associates has since developed a list of possible buyers for the Point Tupper mill — which is scheduled to close later this month — and has participated in discussions and co-ordinated site visits with "certain targeted parties."

A proposed schedule in the affidavit shows NewPage is aiming to select one or two bidders by Oct. 18 and close the transaction by



► Premier Darrell Dexter

Nov. 24. The process would require court approval.

The mill will seek court approval tomorrow in Halifax of a settlement and transition agreement with its parent company, which is also seeking protection from creditors in the United States in a federal bankruptcy court in Delaware.

A closure would lay off about 1,000 workers. That includes 550 people who work at the mill and 50 who work for the compa-

ny's woodlands operation. Another 400 forestry contractors feed the mill with pulp wood.

Nova Scotia Premier Darrell Dexter said yesterday a government delegation met with NewPage executives in Ohio last week to discuss the future of the Point Tupper mill, which employs about 1,000 workers.

"Our advice to them was that this mill is a valuable asset in the NewPage chain and they need to find a way

Shutting down

► The mill, which opened in 1962, is scheduled to indefinitely shut down its paper-making machines in phases on Saturday and Sept. 16.

to preserve that through any creditor protection," said Dexter.

"And if they can't do that, then find a new owner." THE CANADIAN PRESS

Small business owners more confident: Index

Confidence among small business owners in Nova Scotia edged up slightly last month, according to the Canadian Federation of Independent Business'

Barometer Index.

The index for the province was 63.6, which is up from July when it stood at 61.6.

● METRO

Time capsule to be opened

A time capsule from the early 1940s found in Queen Elizabeth High School last month will be opened today at 2 p.m. in the cafeteria of Citadel High School. ● METRO



► The time capsule that was found.

Sobeys gets robbed

Police say a 55-year-old man is facing several charges after the Sobeys on Primrose Street was robbed on Tuesday night. Halifax Regional Police say a man approached a cashier, demanded money

and reached over and grabbed an unknown amount of cash in the open till.

The man also claimed he had a weapon in his pocket, police say.

● METRO

Museum can now track current events

► First permanent science sphere in Canada opened yesterday at Museum of Natural History ► The project cost just over \$200,000



RYAN TAPLIN/METRO

► Our Amazing World, a new permanent exhibit at the Museum of Natural History, opened yesterday.



JENNIFER TAPLIN
@METRONEWS.CA

Next time there's a hurricane bearing down on Nova Scotia, head to the Museum of Natural History.

A massive suspended orb now on permanent display can show up-to-date weather data all over the world.

Our Amazing World is a lightweight, two-metre ball made out of carbon fibre and suspended by three cables. A powerful computer controls four projectors illuminating the sphere with a variety of images from bird migrations to the epicentres of some of the planet's worst earthquakes.

Data is downloaded hourly by organizations like NASA, the National Oceanic and Atmospheric Administration (NOAA) and the European Space Agency.

"Within an hour we can have that information on the sphere. If something hits the news or if people are worried about the track of a hurricane or wildfires, we're able to present it in almost real time," said Calum Ewing, director of museum operations.

Ewing said the museum will host special programming for major events like tsunamis and hurricanes. The museum is also planning a special show for the

anniversary of hurricane Juan.

But beyond extreme weather, the sphere can be used to show current airplane traffic all over the world, or the path of pollution from one continent to another.

Ewing said it's an incredible tool for students and it can be tailored to cover many components in the science curriculum.

He told the story of a child recently visiting the museum as the sphere was being tested. Ewing said the boy was amazed how much of the world was covered in water.

"It was something he was told but he never really

understood it until he saw it in this way."

Sphere facts

- 72nd science sphere in the world.
- Technology first developed in 1996, but required 10 computers to run it. A single computer system was developed two years ago.
- It weighs 21 kilograms.
- Seats for 40-45 people, plus standing room.
- Automatic movies run throughout day, plus facilitated programs several times a week.
- Shows featuring hurricanes start next Wednesday night.

Porter opens crew base in Halifax

Porter Airlines has opened a crew base in Halifax and plans on hiring 40 new employees, including flight attendants and pilots.

The new crew base is the first outside Porter's head-

quarters at Toronto's Billy Bishop airport.

It currently has customer service, ground handling and maintenance crew in the city.

Porter said it is opening

the new base, which is expected to create operation and economic efficiencies, because of company growth. The Halifax crew will be mainly responsible for routes that include Hali-

80

The airline's new workforce total in Halifax.

fax, Moncton, St. John's, Montreal, Ottawa and Toronto. **THE CANADIAN PRESS**

Nova Scotians smoking less than ever: Study

JENNIFER TAPLIN
@METRONEWS.CA

Nova Scotians — and Canadians in general — are smoking less than ever.

A study released yesterday by Statistics Canada shows a steep drop in smoking numbers since 1999.

The most dramatic drop in Nova Scotia was between ages 15 and 19. In 2010, 16 per cent of people in this age group smoked, compared with 30 per cent in 1999. Nationally, Statistics Canada says the smoking rate dropped to 17 per cent in 2010, down from 25 per cent when the Canadian To-

PAWEL DWULITZ/THE CANADIAN PRESS FILE



► Research shows we're butting out.

bacco Use Monitoring Survey was first conducted in 1999.

Health Minister Leona Aglukkaq calls the result "encouraging."

She says she's particularly impressed by the drop in smoking among youth.

WITH FILES FROM THE CANADIAN PRESS

AFRICVILLE

Replica 1960s church is ready

An Africville church will soon open its doors on the shores of the Halifax Harbour.

On Sunday, Sept. 25th, the Africville community will celebrate the opening of a replica of the Seaview Baptist Church, which was demolished, along with the rest of the neighbourhood, in the

1960s.

"The people of Africville didn't let their community die with its physical destruction. They've worked with people of all backgrounds and races to keep the spirit alive through stories, songs, films and exhibits," said Daurene Lewis, chair of the Africville Heritage Trust, in a statement yesterday.

The Church Museum was part of the \$3-million legal settlement between HRM and the society.

An interpretive centre is also planned.

● JENNIFER TAPLIN

Probe of ship hit on gas platform

An internal investigation will determine why a support vessel bumped into the Deep Panuke natural gas platform about 250 kilometres southeast of Halifax, a spokeswoman for Calgary-based Encana Corp. said yesterday.

Lori MacLean described the collision early Tuesday as a minor incident that will not delay the start of production, slated for next month.

THE CANADIAN PRESS

Work on examiner's office starts

Construction of Nova Scotia's new medical examiner's office began yesterday with a sod-turning ceremony in the Burnside industrial park.

Premier Darrell Dexter and Justice Minister Ross Landry, who were on hand for the event, say the \$12.9-million facility is much needed.

Construction is expected to take about 14 months.

THE CANADIAN PRESS

Crash exacts historic death toll

► **Russia has world's worst air-traffic safety record** ► **Experts blame weak government controls**

A private Russian jet carrying a top hockey team slammed into a riverbank yesterday, killing 43 people, including the team's Canadian coach, in one of the worst plane crashes ever involving a sports team.

Two other people were critically injured.

Russia and the world of hockey were left stunned by the deaths of so many international stars in one catastrophic event. The International Ice Hockey Federation said 27 players of the Lokomotiv Yaroslavl team were killed, along with two coaches and seven club officials.

The Russian Emergency Situations Ministry said the Yak-42 plane crashed into the shores of the Volga River immediately after leaving the airport near the city of Yaroslavl, 240 kilometres northeast of Moscow. The weather was sunny and clear at the time. Russian media said the plane struggled to gain altitude and

crashed into a signal tower, shattering into pieces.

The plane was carrying the team from Yaroslavl to Minsk, the capital of Belarus, where they were to play in the opening game of the Kontinental Hockey League season. It had 45 people on board, including 37 passengers and eight crew, the ministry said.

"Though it occurred thousands of miles away from our home arenas, this tragedy represents a catastrophic loss to the hockey world — including the NHL family, which lost so many fathers, sons, teammates and friends," NHL Commissioner Gary Bettman said in a statement.

The cause of the crash was not immediately apparent. Unnamed local officials said it may have been due to technical problems. The plane was built in 1993 and belonged to a small Moscow-based Yak Service company.

THE ASSOCIATED PRESS



► Rescuers seen at the crash site of a Russian Yak-42 jet near the city of Yaroslavl, on the Volga River about 240 kilometres northeast of Moscow, yesterday. The jet carrying a top hockey team crashed moments after takeoff.

Tragic legacy

► **KHL confirmed that** Canadian Brad McCrimmon, the team's head coach, was among the dead. McCrimmon became coach in May.

► **Czech players Josef** Vasecek, Karel Rachunek and Jan Marek and Latvian defenceman Karlis Skrastins were among those killed.

► **The Russian team featured** several top European players and former NHL stars, including Slovakian forward and national team captain Pavol Demitra, who played in the NHL for the St. Louis Blues and Vancouver Canucks.

► **Other top names include** Russian defenceman Ruslan Salei and Swedish goalie Stefan Liv.

► **Officials said Russian** player Alexander Galimov survived the crash along

with a crew member.

► **In June, another Russian** passenger jet crashed in the city of Petrozavodsk, killing 47 people. The crash of that Tu-134 plane has been blamed on pilot error.

► **75 Marshall University** football players, coaches, fans and airplane crew died in a plane crash in Kentucky on Nov. 17, 1970, returning home from a game.

► **30 members of the** Uruguayan rugby club Old Christians were killed in a crash in the Andes in 1972.

► **The 18-member U.S. figure** skating team died in a crash while on their way to the 1961 world championships in Brussels.

► **In 1949, the Torino soccer** team lost 18 players near Turin, Italy, while the Munich air crash of 1958 killed eight Manchester United players.

Hockey world reacts

Reaction to the plane crash in Russia that killed at least 43 people, including members of the top Russian hockey team Lokomotiv: **International Ice Hockey Federation President Rene Fasel:**

"This is the darkest day in the history of our sport. This is not only a Russian tragedy.... This is a terrible tragedy for the global ice hockey community with so many nationalities involved."

NHL Players' Association Executive Director Don Fehr:

"Words cannot express the profound sorrow that this loss has created. Our sincere condolences go out to the friends and families who have been impacted by this terrible tragedy." **Russian Ice Hockey Federation President Vladislav Tretyak:**

"We will do our best to ensure that hockey in Yaroslavl does not die, and that it continues to live for the people that were on that plane."

Russian NHL star Alex Ovechkin of the Washington Capitals on Twitter:

"I'm in shock!!!!!!R.I.P ..."

Colorado Avalanche executive adviser Joe Sakic: "I am still in disbelief about today's tragic news. Both Karlis (Skrastins) and Ruslan (Salei) were unbelievable individuals and great teammates..."

St. Louis Blues president John Davidson:

"The St. Louis Blues have lost two members of our family, Pavol Demitra and Igor Korolev. Pavol and Igor were both incredibly passionate and dedicated players and their influence in St. Louis was not only felt on the ice, but

► **In this file photo,** Swedish ice hockey player Stefan Liv, who died in a plane crash yesterday, arrives at Vancouver airport for the winter Olympics in April 2010.



throughout the community." **Swedish Ice Hockey Association chairman Christer Englund:**

"He (Stefan Liv) proved his talent as an ice hockey player through his presence in the national team. His constant striving to become a better player

showed an incredible strength. I think that revealed his greatness." **Czech coach Vladimir Vujtek:**

"That's horrible. I had many close friends there, I know the families. Just half a year ago, I trained those guys."

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NASA/THE ASSOCIATED PRESS FILE



► Stewart David Nozette

NASA scientist guilty of spying

► Wanted \$2M US to sell top secret information ► Could have faced death penalty

A former U.S. government space scientist pleaded guilty yesterday to one count of attempted espionage for trying to sell classified information to an undercover FBI agent posing as an Israeli spy.

During an appearance in federal court, Stewart David Nozette admitted that he tried to provide Israel with top secret information about satellites, early warning systems, ways of retaliating against large-scale

attack, communications intelligence information and major elements of defence strategy. Both the Justice Department and Nozette's lawyers have agreed to a sentence of 13 years in prison, with credit for two

years Nozette has already spent behind bars. U.S. District Judge Paul Friedman said he was prepared to accept the deal, pending Nozette's co-operation with prosecutors, a procedure expected to last into No-

vember.

Nozette told an undercover FBI agent that the secrets he was passing to Israel had cost the U.S. government anywhere from \$200 million to almost \$1 billion. **THE ASSOCIATED PRESS**

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Conference. Montreal



► His Holiness the Dalai Lama smiles as he arrives in Montreal yesterday. He is attending a conference on the world's religions in the post 9-11 world.

GRAHAM HUGHES/THE CANADIAN PRESS

Dalai Lama in Canada

Joining the Dalai Lama at the conference are religious scholars and spiritual thinkers, including Nobel laureate Shirin Ebadi, Tariq Ramadan and Deepak Chopra.

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News in brief

Delhi bombing kills 11

NEW DELHI, INDIA. A powerful bomb hidden in a briefcase ripped through a crowd of people waiting to enter a New Delhi courthouse yesterday, killing 11 people and wounding scores more in the deadliest attack in India's capital in nearly three years.

An al-Qaida-linked group claimed responsibility, though government officials said it was too early to name a suspect. The attack outside the High Court came despite a high alert across the city and renewed doubts about India's ability to protect even its most important institutions, despite overhauling security after the 2008 Mumbai siege.

THE ASSOCIATED PRESS

Suicide blasts claim 22 in Pakistan

QUETTA, PAKISTAN. A pair of suicide bombers killed 22 people while targeting a top army officer in southwest Pakistan yesterday, missing him and killing his wife, several guards, a senior officer and two children, officials said.

Police said they were investigating whether the strike in the city of Quetta was revenge for the recent arrests there of three top al-Qaida suspects, an operation assisted by the CIA.

The Taliban claimed responsibility for the attack, but a spokesman for the group did not mention the arrests.

Police officer Hamid Shakil said at least 23 people were killed and more than 80 were injured, some critically.

THE ASSOCIATED PRESS

Threats ground Pakistan flights

► Bomb scare comes four days before tenth anniversary of 9-11

Two flights operated by Pakistan's state-owned airline received bomb threats yesterday, and both landed safely, one in Turkey, the other in Malaysia, officials said. No bombs were found.

The first flight was headed for Manchester, England, when it was notified of the threat near the Bulgarian capital of Sofia. The crew contacted the control tower in Istanbul to seek permission for the landing, state-run Anatolia news agency reported.

Authorities quickly evacuated all 378 passengers

from the Boeing 777-300ER aircraft after it parked at a remote corner of the International Ataturk Airport, and bomb squads began searching the plane with sniffer dogs, Anatolia reported.

PIA spokesman Mashood Tajwar confirmed the flight received a threat and landed. All passengers were safe. A police search turned up no bomb, officials said.

Later, a second PIA flight from Islamabad to Kuala Lumpur also received a bomb threat.

THE ASSOCIATED PRESS



► Passengers disembark from a Pakistan International Airlines plane that was forced to land in Istanbul due to a bomb threat yesterday.

U.S. slaps sanctions on al-Qaida members

The United States has put sanctions on three Pakistan-based individuals it says are top al-Qaida members.

Yesterday's action freezes any assets in the United States belonging to Abu Yahya al-Libi; Abd al-Rahman Ould Muham-

mad al-Husayn Ould Muhammad Salim; and Mustafa Hajji Muhammad Khan. Americans are also barred from doing busi-

ness with the men, who are considered by the U.S. to be key al-Qaida operatives.

THE ASSOCIATED PRESS

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IRIDIUM/THE ASSOCIATED PRESS

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Flaherty minds the price gap

► 'Irritated' finance minister wants to know why Canadians pay more than Americans for goods

Finance Minister Jim Flaherty is asking a Senate committee to look into the price gap between Canada and the United States.

In a letter to the Senate finance committee released yesterday, Flaherty said he is irritated that the gap continues to exist even though the Canadian dollar has been worth more than the U.S. currency for most of the year.

In fact, Flaherty points out that the Canadian currency has been strengthen-

ing over the past five years. The loonie's strength has presented challenges to entrepreneurs, exporters and the economy but Canadian consumers aren't getting full payback in the form of the prices of goods sold in this country, he says.

"I share their irritation," he writes.

Bank of Montreal economist Douglas Porter said in April that Canadians pay on average 20 per cent more on many items.

Canada's retail industry

has often said it takes months to adjust to currency fluctuations, due to the lead time required to import goods. They have also said their U.S. counterparts have several built-in advantages.

Flaherty has asked the committee to look into how prices are affected by the size of the Canadian retail market, transportation and freight costs, tariffs, real-estate costs and other factors.

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News in brief

Black sues 'Cain-like' ex-partner

MOGULS. Conrad Black is suing his former Hollinger International business partner David Radler, who testified against him at his 2007 fraud trial.

The lawsuit filed in Illi-

nois accuses Radler of illegally adding shareholders and debt to Horizon Publications Inc., a U.S. newspaper chain in which Black had a stake.

The Chicago Sun-Times says the suit by Black, who returned to prison this week, calls Radler "an infamous Canadian citizen" and refers to his "Cain-like betrayal."

Radler said yesterday that he had not seen the legal documents and could not comment.

THE CANADIAN PRESS

Saab story nearing end

RED INK. Swedish Automobile, producer of the Saab, filed for bankruptcy protection yesterday in a last-ditch attempt to salvage a brand crippled by production stoppages, withheld salaries and mounting debt. The company said the move would buy it time to receive funding from Chinese investors and avoid bankruptcy.

THE ASSOCIATED PRESS

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PARENTING WITHOUT THE CHLOROFORM

HE SAYS ...

JOHN MAZEROLLE
METRO



When I was a kid, I could tell back-to-school time was here when we weren't allowed to eat.

Can of pop? "That's for lunches." Yogurt? "Lunches."

Bacon and eggs? "Lunches." If I remember correctly, all we were allowed at home was a box of baking soda and the occasional Milk Bone.

I don't have any children, but having experienced my parents' rearing methods — discipline through starvation — I believe I have the skills necessary to help you as your child heads back to school. Here's what you need to know.

Fashion: Children's trends can be confusing, but it's important to remember that fashion is cyclical. In some eras, high school kids wear clothing so tight that they might as well be naked. Other times, they wear clothing so loose any quick movements will render them naked.

"If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window."

They know what they're doing. I have no idea what's "in" now, but if it offends your sensibilities, pick it up. Your kid will love it.

Supplies: Once your kids have all the "hippest duds," you'll want to get them the coolest supplies. Nothing was worse than owning plastic rulers pathetically devoid of holographic dinosaurs, or a compass that wasn't nearly sharp enough to stab the girl you

liked. Buy one of those \$29.99 sets with the quadratic equation written on the back, and your kids could be as cool as I was, though somehow I doubt it.

Rest: Getting kids to bed at a decent hour after a long summer can have even the most patient parents reaching for the chloroform. Researchers say you should make sure your child gets eight hours of sleep — more if you don't like them.

Don't forget to care: As the school year moves on, it's imperative you pretend you still care about your kids. After all, these are the same children that will one day be sending you to a home.

Showing your love may prove difficult. If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window. And if you ask what happened at school today, they will say, "Nothin'," even if their math teacher unexpectedly burst into flames.

Despite this, support whatever they do. If they lie to the teacher, tell them they have a life as an MP ahead; if they don't show up at all, senator.

And that's the only proper way to raise your children. But remember, all these guidelines will be useless if you don't forget one important rule. You **MUST** feed your children, lunches be damned. A Milk Bone will clean their teeth, too.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at metropolitanpanel.ca and take the quick poll

Should parents and students have to pay for school supplies?

87%

YES, IT'S PART OF THE COST OF PROCREATING



12%

NO, WE SHOULD ALL BE FULLY FUNDING THE EDUCATION OF OUR FUTURE CAREGIVERS

Worth Mentioning

The Dalai Lama warns that all religions — including his own — have faithful who carry the seeds of destructive emotions within them.

Speaking yesterday in Montreal, the Buddhist spiritual leader said a key to promoting religious harmony after 9-11 is to stop criticizing religions based on the actions of a handful of "mischievous" followers.

He delivered his message at a conference examining how religions can foster peace in the post-9-11 world.

"Logically, if you criticize Islam due to a few mischievous Muslims, then you have to criticize all world religions," the Dalai Lama told the packed auditorium.

"That, I think is totally wrong to create that kind of negative impression to one particular religion — that is totally wrong."

He said everybody — even himself — has the potential to develop harmful feelings and it's the job of religions to try and reduce them.

"Through awareness ... we try to minimize these destructive emotions and try to increase these constructive emotions," he said.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Being a nudist does have its drawbacks

Nudists in San Francisco might soon lose the freedom to bare it all — at least some of the time.

Walking around naked is legal, but a city supervisor concerned about public health and sanitation introduced legislation Tuesday that would require nudists to put something under their bottoms if they take a seat in public.

Supervisor Scott Wiener's propos-

al would also require nudists to cover up when they are in a restaurant.

Wiener represents the city's Castro District, where a group of nudists is known to gather and walk around.

The San Francisco Chronicle reports that Wiener only wants to require that nudists show basic courtesy and decency to their fellow citizens, not open up a debate on the appropriateness of public nudity.

"Only in San Francisco," Capt. Greg Corrales told the newspaper.

Just walking around naked in San Francisco isn't against the law, unless the person is aroused. Then the conduct can be considered lewd, which is illegal, according to the San Francisco Chronicle. **THE ASSOCIATED PRESS**

2

scene

News in brief



A 36-year-old man has been charged after he allegedly broke into Celine Dion's home near Montreal, raided the fridge and even took the time to pour himself a bath. He was nabbed by Laval police on Monday afternoon after the alarm system went off.

THE CANADIAN PRESS



Scan this code or visit metronews.ca/scene to find out who won big at last night's Gemini Awards

Cause I'm out here grindin'

► JBru among artists performing free concert Saturday on the Halifax Common as part of the Hopscotch Hip Hop Festival

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



Writing songs about suped-up cars, gold chains, and scantily-clad women seems like an easy gig. According to our own Jason "JBru" Bruce, cutting corners is no way to earn a name for yourself as an artist.

"It's easy to write a fake song," he told me. "To write a song about yourself is more difficult but it's also more beneficial." JBru's honesty in his lyrics began in high school with poetry.

After DJing in college, he put lyrics to music, earning the attention of fellow Halifax-area heavy-weight Classified.

"With Classified I was doing the background thing while working on my solo career," he said.

"I was getting more attention with my solo career and felt it was time to branch out."

It's all about timing. With four studio albums and having opened for artists such as Ludacris and Busta Rhymes, JBru is making a name for him-

Showtime

► The second annual Hopscotch Hip Hop Festival runs tonight through Sunday at various venues in Halifax. For complete details, visit hopscotchhalifax.com.

self now.

He continues to share personal struggles, such as the suicide of his friend, Chris, chronicled on It's Raining.

"I had written previous songs about him, but nothing that was that painful," he said.

The connection JBru's honesty has created with his fans fuels him to stick it out in the business.

"I have fans come up to me after a show and tell me that my song changed their life," he said.

"There have been times I wanted to quit, but then I think about those people and it keeps me going."

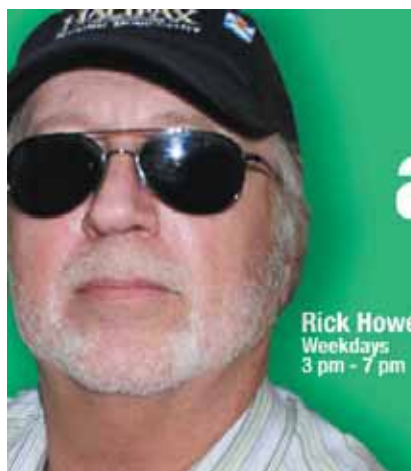
JBru's honesty extends into his latest album, The Jason LP, with songs like You Ain't Black Enough, where interracial JBru discusses African-American stereotypes.

"My mom always said that I should never forget where I came from," he said.

"I haven't had too much of a problem being myself with my music."



► Jason "JBru" Bruce is a Halifax hip-hop heavyweight.



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The little horror movie that could

► Creature not exactly a generic horror film, says Canadian actor Dillon Casey ► Movie released tomorrow

CHRIS ALEXANDER
SCENE@METRONWS.CA

How a kid from Oakville, Ont., ended up in the Louisiana swamps filming a gloriously trashy monster movie is a story in itself, but such is the legacy of Canadian actor — and sometimes writer and director — Dillon Casey.

Casey, already a veteran TV performer from such glossy shows as *Being Erica* and *The Vampire Diaries*, stars as one of the slew of youthful anti-heroes who come face to face with a lethal reptilian monster in *Creature*, a nifty new low budget shocker co-starring genre

icon Sid Haig, opening across North America this Friday.

"The first thing I noticed when I read the script was the name (of producer) Sid Sheinberg," says Casey, back in Toronto for his recurring role in the CTV hit series *Nikita*.

"I mean, he's a legend ... he was the head of Universal pictures. He was behind *Jaws*."

Sheinberg's name no doubt pushed writer/director Fred Andrew's little horror movie that could into the higher profile release it's getting this week, but outside of the pedigree, *Creature* is an eccentric, interesting, un-

pretentious and often eerie thriller.

"(Creature) looks like a generic horror film on the surface," notes the actor.

"But there are many twists and turns and unexpected elements that elevate it."

Casey was bit by the acting bug when studying at the University of Toronto and found he had the chops — and the looks — to make a living pretending to be other people. But originally, his role in *Creature* called for a very different face.

"My character was fat, nerdy and I really didn't think I had a chance of getting it," he says.



► The monster from Creature.

"My character was fat, nerdy and I really didn't think I had a chance of getting it"

ACTOR DILLON CASEY

"But then I got the call that I did. I was surprised. Later on the set, Fred said that the reason I got the roll was that I nailed it on the call back.

"I kept quiet at first but I eventually told Fred that I didn't actually get brought in for a call back. So really ... he probably cast the wrong guy for the role by mistake!"



► Dillon Casey

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Canadian Deep Roots Music Festival,
Wolfville, September 23 to 25

Festival des cultures francophone/
Francofestival
Halifax, September 23 to 25

Valley Pumpkin Festival,
Annapolis Valley, October 1 to 31

The Oscar goes to... Eddie

► 84th Academy Awards to be hosted by Eddie Murphy ► A recipe for success or disaster?

Eddie Murphy has been tapped to host the 84th Annual Academy Awards, to be broadcast next year, according to the Academy of Motion Picture Arts and Sciences.

"Eddie is a comedic genius, one of the greatest and most influential live performers ever," said film director Brett Ratner, who's producing the show and helmed Murphy's latest, *Tower Heist*.

"With his love of movies, history of crafting unforgettable characters and his iconic performances — especially onstage — I know he will bring an excitement, spontaneity and tremendous heart to the show *Don and I* want to produce in February."

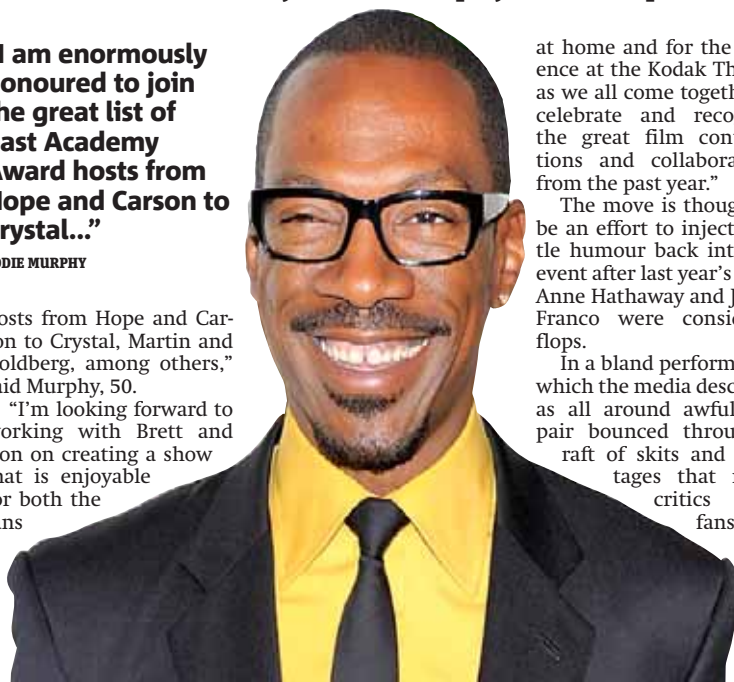
"I am enormously honoured to join the great list of past Academy Award

"I am enormously honoured to join the great list of past Academy Award hosts from Hope and Carson to Crystal..."

EDDIE MURPHY

hosts from Hope and Carson to Crystal, Martin and Goldberg, among others," said Murphy, 50.

"I'm looking forward to working with Brett and Don on creating a show that is enjoyable for both the fans



at home and for the audience at the Kodak Theatre as we all come together to celebrate and recognize the great film contributions and collaborations from the past year."

The move is thought to be an effort to inject a little humour back into the event after last year's hosts Anne Hathaway and James Franco were considered flops.

In a bland performance, which the media described as all around awful, the pair bounced through a raft of skits and montages that many critics and fans

found more long than laughable.

Chosen to attract a younger audience, Hathaway and Franco lacked what some described as onscreen chemistry.

With a similarly lacklustre showing from Steve Martin and Alec Baldwin in 2010, organizers are banking on Murphy to restore the golden age of Oscar nights, when big-draws such as Whoopi Goldberg and Billy Crystal effortlessly brought the house down among even the most demanding of crowds.

Murphy was nominated for a Best Supporting Actor Oscar for *Dreamgirls* in 2006.

He was said to have walked out of the show after losing to *Little Miss Sunshine* star Alan Arkin.

● METRO

Yes, but

Eddie Murphy to host Oscars. Good choice?

- YES Murphy is cool and confident live. If you have never seen his stand-up special *Delirious* or his skits on *Saturday Night Live*, go to YouTube immediately.
- BUT You can't f-ing swear on live TV.
- YES He's a part of movie history. *Beverly Hills Cop*, *48 Hours*, *The Nutty Professor* and *Shrek* are all classics.
- BUT Vampire in Brooklyn, *Metro*, *Doctor Dolittle*, *Holy Man*, *Life*, *Doctor Dolittle 2*, *Showtime*, *The Adventures of Pluto Nash*, *I Spy*, *Daddy Day Care*, *The Haunted Mansion*, *Norbit*, *Meet Dave*, *Imagine That*.
- YES Murphy was nominated for a Best Supporting Actor Oscar in 2006, for *Dreamgirls*.
- BUT He walked out of the show after Alan Arkin won for *Little Miss Sunshine*. Maybe he just wanted some ice cream?



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DiCaprio turns up the charm

- Leo gifts Blake Lively's dad at birthday party
- Rumoured couple are 'smitten' with each other

While Leonardo DiCaprio may have been filming in Australia during rumoured girlfriend Blake Lively's birthday — she celebrated with pals in New York — he was at least on hand last month for her father's big day in Los Angeles, where he reportedly gifted the senior Lively with an elaborate colouring book, according to Us Weekly.

"Blake's father loved it," a source says, adding that the alleged couple are getting pretty cosy.

"(They) are so smitten it's crazy. I bet they get engaged in the next six months," the source says.

● METRO



► Leonardo DiCaprio gave Blake Lively's father an elaborate colouring book for his birthday.

ALL PHOTOS/GETTY IMAGES

Polley is preggers

Canadian actor-filmmaker Sarah Polley is pregnant.

A publicist for Polley's new film *Take This Waltz*, which debuts at the Toronto International Festival this weekend, says Polley is 3 1/2 months along. She's expecting a child with David Sandomierski, whom she married two weeks ago north of Toronto.

THE CANADIAN PRESS



► Sarah Polley

Madge isn't gaga for pop rival

Lady Gaga has made it clear that she's possibly Madonna's biggest fan, but the same apparently can't be said for Madonna's feelings about Lady Gaga.

"As for Lady Gaga, I have no comment to make about her obsessions having to do with me because I don't know whether her behaviour is rooted in something deep and meaningful or superficial," Madonna tells French newspaper *Le Soir*.

● METRO



Celebrity tweets



"I don't know if I can do this show tomorrow I have eaten too much queso"



@katyperry



@JimCarrey

"ACCEPT the fact that people who correct spelling on twitter are a pain in the ass!"



@TheMandyMoore

"Trying to find a home for an adorable orange kitten found on the street. If you live in LA area"



@SethMacFarlane

"America should have the President it really wants...The problem is, in our heart of hearts, that's Snooki!"

Jessica, Justin back on again?

Justin Timberlake and Jessica Biel could be back on. The pair were enjoying each other's company at a friend's wedding over the weekend. ● METRO



► Justin Timberlake and Jessica Biel



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3

life

Kanye style

Where are you Yeezy?



The rumours about Kanye West's alleged stint as a designer changes by the day. He's making shoes! No. Clothes! He's making them with designer Louise Goldin! No. Design professor Louise Wilson (she denied it)! So?? **METRO**



Harper's Bazaar editor-in-chief Glenda Bailey picks mag's Greatest Hits for new book

Master tailor: Antonio Azzuolo

The CFDA men's wear nominee cut his teeth designing for brands such as Hermès and Kenzo before landing the design director role at Ralph Lauren's Purple and Black Label. But the Montreal native's experience began much earlier — his dad was a master tailor. Now Azzuolo creates glamorous, luxe essentials for his own line, a.a.



Ladies man: Guillaume Henry

When Henry took over French label Carven, his collection was so spot on that you would have thought he took his hip, arty girlfriends out for a round of drinks and then took their wardrobe complaints and wish lists to the atelier. His clothes are sweet and yet a little bit dark, chic and still slightly punky. It's no wonder girls like Alexa Chung can't get enough.



5

young names to know in fashion this month



TINA CHADHA
@METRO.LU

METRO WORLD NEWS

Indie darling: Suzanne Rae

Suzanne Pelaez, a Parsons grad, started out by working in New York's art gallery circuit. And you can see the influence in her flair for print and pattern. Her slightly experimental ready-to-wear pieces would look at home in any curator's closet (or that of any girl with a confident sense of personal style, really). Pelaez worked brief stints at Costume National and Morgane le Fay before quickly striking out on her own. Smart choice. We're writing about her, after all.



The romantics: Creatures of the Wind

Chicago-based designers Shane Gabier and Christopher Peters wooed editors and buyers alike at New York Fashion Week last season for being very, well, un-New York. Their romantic and quirky collection inspired by Nantucket and the sailors' widows featured Victorian silhouettes, lace and bright colours. It also landed them on the cover of WWD and a CFDA nomination this year. Well played, guys. Well played.



Futuristic femme: Sally LaPointe

Dubbed as a one-to-watch by Elle and New York magazine, this Massachusetts native's signature style is a mix of both futuristic (think: big, bold shoulders) and feminine silhouettes (sexy, drapery dresses) Add some in-your-face colours, prints and fabrics and you have what might be the perfect wardrobe for show stoppers such as Beyoncé and Lady Gaga — the latter is already a loyal LaPointe customer.



STYLE IS A
CINCH



DOWNTOWN FABULOUS

The day Karl came to town

► The impossible-to-pin-down couture king meets with Metro to discuss his newest line ► p.s. The price is right!



KENYA
HUNT

LIFE@METRONEWS.CA

Outside, hurricane strength downpours threaten to ruin the start of fashion week. But within the dry and perfume-scented confines of America's most mass market department store, shoppers are aglow after the rarest of fashion sightings.

Karl Lagerfeld, the iconic creative director of Chanel — inside of Macy's.

"He just doesn't do personal appearances at department stores. I was the CEO of Neiman Marcus for six years and Karl was the hardest designer to attract. So for us to be able to attract him is very big," says Terry J. Lundgren, Macy's CEO.

Lagerfeld came to town to launch his new affordable ready-to-wear collaboration with the chain, and is all good humour when we sit down in an executive suite on the 13th floor.

It's been a few years since your H&M collection. What inspired you to do this new affordable line?

I like to do the opposite of what people expect and do it well. Because in our times, the inexpensive, in a



► Karl Lagerfeld

way, is more important in fashion than the very, very expensive. So the people who can buy the expensive can buy the inexpensive too. The people who can buy the inexpensive — because I never say cheap — maybe they cannot buy the expensive. But they can buy a lipstick or nail polish from Chanel. So even for Chanel, it's not a bad thing. The more my name is around, the better it is for everybody. I approach this more or less the same way that I approached H&M because, you know, I was the first one to do H&M. No one had done it before. So I do it kind of from instinct be-

cause I know life in a way — what people want to wear, what they have, what they don't have. But I'm not a marketing person. So I don't ask myself too many questions. I listen to the instinct.

Do you think the lower priced category is becoming more important?

You know the inexpensive line is a dream I wanted to do for many years. Some people thought I should always play the same game. No. It is the time for inexpensive clothes that I design. I have the knowledge of the most expensive. But I think it's exciting, interesting and modern to do the inexpensive.

You balance so many projects, it's nearly impossible to count them all. And yet younger designers have buckled under the stress of having more than one design job.

The young designer should forget about the word "young" because if you're only interesting because you are young, that may be a problem. Nobody has my past and my present. So people who are in my situation, they may think it's not right for them. But for me, I think it's right.

C'mon, let's work it out

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Making a grand entrance

► A Metro reader gets advice about decorating a long, narrow hallway



DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Q. I've moved into a new condo that has a very long and narrow entrance. There is a plain coat closet door, three ceiling lights and dark wood floors. I like warm colours and have a contemporary style. Any suggestions?

K. MacDonald, Toronto

WALLS

Paint the shorter (left-side) wall a punchy accent colour. Wrap this colour around the corner on the return wall and introduce it into the main living space.

Paint the plain door and its frame the same punchy colour to blend it away.

The long wall (on right) and its return should be a warm neutral colour that continues into the entire space. My favourite new accent colour is a brick colour called Fiery Opal from Benjamin Moore Paints. As a warm neutral, try Lighthouse, also by Benjamin Moore for the main walls throughout.

FURNITURE

Since the hallway is so narrow, I suggest a small pedestal table or chair in the corner and a slim table in front of the middle wall-hung mirror.

Make sure the table is less than 12-inches deep in order to create good flow. The Echelon console (\$599) from Crate and Barrel has a hand-made, artisan look and is only eight inches deep — perfect for small foyers and hallways.

► Benjamin Moore's Fiery Opal

► Benjamin Moore Lighthouse



► Echelon Console



► Hudson Valley Middlebury

LIGHTING

Invest in three matching pendant lights; they will add more light to the hallway space and have more presence than the small ceiling lights. Semi-flushmount fixtures drop slightly into the space and help stop the eye every so often. This tricks the eye that the hallway is divided into sections and therefore shorter. The Middlebury pendant from Hudson Valley Lighting (\$900) gives the illusion of a modern art deco light fixture that would have welcomed guests in a hotel lobby for years.

► Home Depot's Beverly Leaner mirror



MIRRORS

Hang three floor standing mirrors on the long wall; spaced about 16 inches apart with the middle mirror being opposite to the closet door.

This will help visually widen the hallway, especially in the middle where it feels narrowest and tight.

I like the Beverly Leaner Mirror (\$110) from Home Depot; its mirror-on-mirror frame helps to reflect many angles in the hallway.

Hang the mirrors rather than leaning on the floor. Raising the mirrors higher will make the hallway feel lofty in height and not crowd the floor space.



► West Elm Glyph

ART WORKS

Place one punchy piece of art at the end of the hallway to create a destination point for the eye.

Large, colourful and modern art will help set the tone for a contemporary yet welcoming entrance.

The Glyph print from West Elm (\$135) is colourful and plays up on the paint and carpet colours suggested.

As this is a focal point from the front door, make sure the size of the print is substantial and makes a statement.

► The very dark wood floors are chic but shows the perimeter of the long, narrow entrance, making the hallway look like a bowling alley.

GO FOR A RUNNER

I suggest breaking up the long hall with a colourful carpet runner.

Centre the runner in the middle of the hall — this will visually shorten the overall space by chopping up the dark wood floor.

A multi-coloured, loose-pattern carpet is great for narrow spaces as it spreads the eye from

side to side.

Try Crate and Barrel's Montague Rug (\$249),

which is a slim 30 inches wide but 96 inches long. Remember to stay away from hallway carpets with striped following the length — this will emphasize the long hallway and only make it appear narrow.



► Montague rug

Karl's decor sources

- Paint: Benjaminmoore.ca
- Large affordable mirrors: homedepot.ca
- Framed modern art: westelm.com
- Carpet runner and slim console: crateandbarrel.ca
- Reproduction light pendants: hudsonvalleylighting.com

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Amish Furniture in Halifax

Anyone who has lived with the quality of Amish made furniture will tell you that it looks good and works well for years and years to come. Amish furniture first gained attention in the 1920s, when the early American art of workmanship was re-discovered, and dealers and historians placed great value upon the beauty and quality of the pieces.

Great attention is paid to the details of the wood in the furniture-making process of an Amish craftsman. Each piece of wood is hand-selected to match the specific furniture in mind. There is an art to selecting right hardwood for cabinets and Amish craftsmen use good, old methods which result in the most beautiful grain.

Amish furniture is also valued for its durability. The Amish woodworkers pride themselves in their work and view their products as both pieces of art and furnishings to be used and lived in for generations.

"You can just tell it is built to last" – words KVADRO team, a

newly opened store which carries Amish furniture, hears daily from its customers and visitors. Here at KVADRO the term Amish Made Furniture is not just a place of its origin. It is a standard of outstanding workmanship desired by many but created by few.

"We love our dining set and all our family and friends say it's beautiful. I have even shared pictures of it at work", says one of KVADRO customers.

Excellent craftsmanship is seen in every detail of KVADRO furniture. It's in superior, resistant to most liquids finish and the intricate mouldings. It's in spacious, fully extended solid wood drawers, hand-sanded inside and out. But most of all, it's in the skill of brilliant Amish craftsmen, polished throughout generations.

"Our goal is to provide 100% customer satisfaction both in quality and price", says Joe Dueck, KVADRO manager. Joe also believes in "Go Green" principle. Handcrafted in North America, all KVADRO furniture is

The Amish woodworkers pride themselves in their work and view their products as both pieces of art and furnishings...



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Do I really have to clean my dishwasher? And how and why should I go about this? Perplexed

Dear Perplexed, Believe it or not, you actually really do need to clean your dishwasher, and ideally this should be done monthly.

But the good news is that it is simple to do.

1. Remove all dishes from the dishwasher including any debris you may find in the bottom.

Pour the white vinegar into the empty dishwasher. Do not use soap.

2. Turn the dishwasher on to the highest heat setting and run a full cycle.

Ideally the temperature should reach 140 degrees



► You wouldn't wash dishes in a dirty sink, would you?

Fahrenheit or higher for a full seven minutes to fully kill all of the bacteria and disinfect the dishwasher.

3. Clean the door gasket, door edge and seal on a

weekly basis with a damp cloth to remove food particles and other debris.

4. Check for hard water deposits and clean spray arms on deep cleans to

ensure that the spray arms are unobstructed.

GOT A QUESTION? PLEASE EMAIL
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EWS.CA

EFFICIENCY N.S. DEMO HOMES REDUCE CARBON FOOTPRINT

HOME BUILDING

The Nova Scotia Home Builders' Association (NSHBA) and Efficiency Nova Scotia Corporation (ENSC) introduce the Efficiency Nova Scotia Demonstration Homes program.

Two demonstration homes are under construction in HRM with the latest technology in energy efficient home design, construction materials and equipment. These homes will have a minimum EnerGuide rating of 92, making them local benchmarks for energy efficient new home construction.

With the cost of energy

continuing to rise, energy efficiency is important to consider when building a home. Energy efficient homes help reduce energy costs, the home's carbon footprint and provide lasting comfort.

The Efficiency Nova Scotia Demonstration Homes program was developed in 2010 when Nova Scotian builders and the industry were challenged to create an advanced energy efficient home design.

Denim Homes submitted the winning design, which was chosen by an independent panel of judges. The design includes a versatile energy efficient home that can easily be built to suit the lifestyle of Nova Scotia families.

The second phase of the project resulted in two builders being awarded to actually complete the building of the home. Denim Homes is building one of the homes on a concrete slab in Sunset Ridge Subdivision in Lower Sackville while WhiteStone Builders is constructing the second home, with a full basement, in Willow Ridge Subdivision in Dartmouth.

Both Efficiency Nova Scotia Demonstration Homes are R-2000 homes and are a part of the Performance Plus program.

The homes will have unique features that clearly define them as energy efficient. **SHERRY DONOVAN IS THE COMMUNICATIONS DIRECTOR FOR THE NOVA SCOTIA HOME BUILDERS' ASSOCIATION.**

Features

The progress of the homes can be viewed at demonstrationhomes.com. The homes will be open to the public beginning in October. Check out some included features.

- An insulated foundation/slab
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Take a tour of Italy

► Sandwiches, salads and pastas take on distinctly Italian flavours

Back-to-school time is made for recipes as short, simple, speedy and satisfying as this Whole Egg Pasta Carbonara.

Requiring no more than just seven ingredients, this delicious take on pasta carbonara will have you in and out of the kitchen in under 20 minutes.

Whole Egg Pasta Carbonara

Preparation:

1 Bring a large saucepan of salted water to a boil. Add pasta and cook according to package directions. Reserve 50 ml (1/4 cup) of the cooking water, then drain pasta.

2 Leave pasta in colander to drain. Return saucepan to heat. Add



► This recipe serves four.

pancetta and cook until just crisp, about 5 minutes. Add pasta, then toss well. Cover and set aside.

3 In a large skillet over low heat, melt butter. Keeping them separate,

crack eggs into skillet and cook sunny side up until whites are set and yolks are still runny, about 5 minutes. Remove skillet from heat. Season eggs with salt and pepper.

Ingredients:

- 1 pkg (340 g/12 oz) fresh linguine
- 250 g (8 oz) finely chopped pancetta
- 30 ml (2 tbsp) butter
- 4 eggs
- Salt and black pepper
- 375 ml (1 1/2 cups) grated Parmesan cheese, divided

4 Add 250 ml (1 cup) of the cheese to pasta and toss to melt. While tossing, drizzle in enough of the reserved cooking water to help cheese coat pasta. Arrange pasta on 4 serving plates, then top each mound with an egg. Sprinkle each serving with a bit more cheese. If desired, use a fork to break each yolk before serving.

THE ASSOCIATED PRESS

Grilled Italian Sandwich



Ingredients:

- 125 g (4 oz) very thin turkey or veal scaloppine
- 10 ml (2 tsp) olive oil
- 1 ml (1/4 tsp) each dried basil and oregano leaves
- Pinch each salt and black pepper
- 1 round sourdough or Italian loaf, about 18 cm (7 inches) across
- 30 ml (2 tbsp) black olive paste (tapenade)
- 1 red pepper, cored and cut into 4 wide strips
- 1 tomato, thinly sliced
- Half a 130-g pkg goat cheese, crumbled
- 1 pear, thinly sliced
- 250 ml (1 cup) lettuce

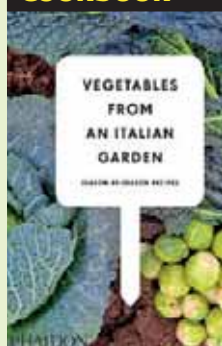
Preparation:

1 If turkey isn't thin, pound to make thin. In bowl, stir oil, basil, oregano, salt and pepper; brush over both sides of turkey and inside pepper pieces. Place on greased grill over medium-high heat; grill until turkey no longer pink inside and pepper begins to soften, 4 to 5 minutes. Remove from heat.

2 Slice loaf in half to form top and bottom. Using fingers, hollow out bread. Spread olive

paste over inside of both halves. Place pepper on bottom half. Layer with turkey, tomato, goat cheese, pear, lettuce. Finish with top of bread. Cut into 4. THE CANADIAN PRESS/FOODLAND ONTARIO

Weekly Cookbook



Vegetables from an Italian Garden (Phaidon Press, 2011) features 400 newly collected recipes by the editors behind the classic Italian cooking bible The Silver Spoon.

Showcasing more than 40 kinds of vegetables, the book is organized by season in four colour-coded sections. Each season includes approximately 100 recipes that are further organized by main vegetable ingredient.

Two-thirds of the recipes are vegetarian, and the remaining third feature beef, chicken, pork or fish as co-stars.

Tuscan Bread and Tomato Salad

The basic building block for a great salad? Greens, of course. But for James Peterson, what that means varies greatly by season.

"In winter, I use bitter greens, including frisée, radicchio di Cremona, and endive, and a spicy mix of basil leaves and baby radicchio in summer," said Peterson, whose cookbooks have won numerous James Beard awards.

Peterson offers his version on the classic Italian bread and tomato salad from his cookbook, Kitchen Simple.

Preparation:

1 In skillet over medium heat, toss bread with 45 ml (3 tbsp) of the oil. Sauté until brown.

2 Cut tomatoes in half crosswise and squeeze out seeds. Chop tomatoes into 1-cm (1/2-inch)

chunks and put in bowl. Add bread, remaining 45 ml (3 tbsp) oil, bell pepper, basil, anchovies, olives and vinegar. Toss to combine. Season with salt and pepper. Serve.

THE ASSOCIATED PRESS/
KITCHEN SIMPLE BY JAMES PETERSON

Ingredients:

- 3 slices (each 1 cm/1/2 inch thick) crusty bread, cut into 1-cm (1/2-inch) cubes
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 4 medium tomatoes
- 1 medium red or green bell pepper, roasted, peeled,

- then cut into strips
- 20 fresh basil leaves
- 12 anchovy fillets in olive oil, drained
- 75 ml (5 tbsp) pitted and coarsely chopped brine-cured imported black olives
- 30 ml (2 tbsp) sherry vinegar
- Salt and black pepper

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BACK TO SCHOOL



Establish good homework habits

► Independent work and learning are important assets ► It's a form of self-organization and self-discipline



**ASTRID
VAN DEN BROEK**
FOR METRO

This year, you will do it right. This year, they will do their homework without question. Or begging. Or threatening.

But how exactly can we encourage our kids to tackle their homework and set good homework habits?

First, realize why homework is part of your child's life. It's not always about just keeping up on

the topics of study at school.

"Independent work and learning are important assets for people to develop, whether it's in academic institutions or workplaces. It's a form of self-organization and self-discipline and it's something that requires development," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*.

"So, if we can help them develop better homework

habits, they're going to be ultimately more desirable in the workplace."

To help start this year's homework habits off right, begin by showing enthusiasm for their school work and developing a positive attitude about education.

"Sometimes, as parents we have to put our own baggage about school away because you want your child to have a positive relationship with school," says Pat Stellick, the Mis-

sissauga-based co-ordinating elementary school principal for the Peel District School Board.

Start by asking about their day — what was exciting for you? What was the high point of your day? "That extends learning," says Stellick. "Homework also makes that connection between home and school and it helps parents understand what's going on in class during the day."

Schafer shares her tips

on positively encouraging your child to do school-work.

1 Be in touch with the school. Through parent-teacher nights and any other opportunities that arise. That way you can keep on top of what's going on in your child's classroom.

2 Coach instead of dictate. "Different kids have different learning styles and they have different ways of being success-

ful with their workload," says Schafer. Help them find out how they learn best — when are they successful? What do they need to stay organized?

3 Empower them. Help your child figure out solutions on when is best for them to do their homework. (Right after school or after supper for example?) "Keep the responsibility of finding the solution with your child," says Schafer.

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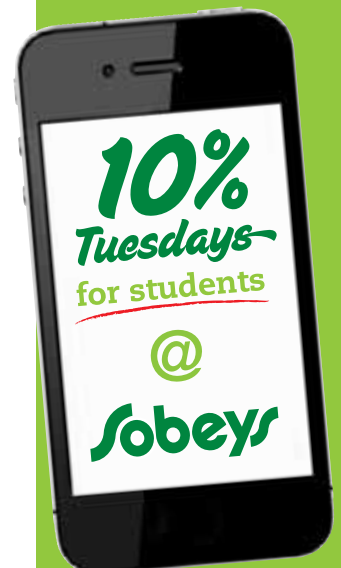


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Cool tool for healthy eating

Freezer can often be overlooked Think of it as a closet full of outfits

For many parents, packing kids' lunches for school means scouring the kitchen to see what can be thrown together. But often overlooked is the freezer, which, with a little thought and organization, can make the daily digs yield good, healthy food.

"The freezer is great for giving you variety," says Crystal Asher, who owns Detour Roasters Cafe with her husband in Dundas, Ont., and is a mother of three girls.

"Think of it as a closet full of outfits. Think of your freezer, fridge and pantry the same way. You have to look at your food and think, 'What else can I do with this?'"

For Asher, this means employing the right tools to help you. Ice cube trays repurposed during the baby years to freeze homemade fruit or vegetable purees can be reused once kids grow older. Asher makes sweet potato or roasted pepper purees, freezes them in ice cube trays, and defrosts them when she needs a sandwich spread for lunch.

"It's a good way of ramping up the nutritional value," she says.

She also makes larger-than-needed portions of soup and freezes the leftovers in ice cube trays. When needed, she will pop out four cubes in the morning. Once heated, this amount is enough to fill an insulated food container.

While the ice cube tray is



Lulu Cohen-Farnell, who owns the company Real Food for Real Kids, prepares some food to freeze at her home kitchen. Cohen-Farnell freezes food to make it faster to prepare school lunches for her children.



Some fresh foods ready for the freezer.

a useful tool, Lulu Cohen-Farnell, founder and president of Real Food for Real Kids, which caters fresh food using local ingredients to schools, camps and day-cares in and around Toronto, prefers using freezer

bags in her home kitchen. "You can get more into them, they can lie flat, and you can stack them so you have more room in your freezer," says Cohen-Farnell, a mother to two kids. She regularly cleans,

chops and freezes fresh herbs, vegetables and fruits, and carves out sections of her freezer for each. "At home, I'll buy fresh herbs and ingredients like scallions, ginger, parsley, cilantro or mint to enhance the taste of my food," says Cohen-Farnell.

"I'll use them fresh, but I'll buy double and freeze them for when I don't have time or to have just as a resource."

Fresh food is always best, of course, but the freezer can play a useful role in meal preparations, for kids' lunches and parents' lunches alike. THE CANADIAN PRESS

Ease into your new school-year routine

Your summer was packed with late night soccer games and cottage week-ends. But then, come the start of September, your family is up at 7 a.m. every day in order to make it to school on time. To ease into the "academic new year," start by cooling yourself off first.

"After a summer of high entertainment and leisurely schedules, kids

are now back in this environment with suddenly stressed parents who are trying to do it all," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*. "Kids think: Mom and dad were so happy and jovial and now they're yelling at me to get out because we're going to be late."

ASTRID VAN DEN BROEK

Clarification

Sylvan Learning provides services in reading, math, study skills, and writing, along with support for most

school subjects, including chemistry, biology, history, economics, and physics. Incomplete information was given in the Aug. 25 edition of Metro Halifax.



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More sports



Dartmouth Moosehead Dry improved its first-place record to 24-6 with an 11-6 Nova Scotia Senior Baseball League victory over the Truro Bearcats last night at Beazley Field. Lefty Jason Bailey, pictured, earned the win while Dan Comeau had three singles and an RBI. Matt Harding added a double, two singles and two RBI.



Scan code for more sports.

Ciampini rounding into form

► Mooseheads' 2010 pick appears primed for a breakout campaign after offensive barrage in pre-season



MATTHEW WUEST
@METRONEWS.CA

Luca Ciampini is known for his almost uncanny knack for being in the right place at the right time. In the QMJHL pre-season, his timing was right on the money.

The 17-year-old Halifax Mooseheads left-winger made the most of his top-line ice time with the likes of Nathan MacKinnon and Martin Frk, finishing tied for the league's exhibition scoring lead with two goals and eight assists in six games.

The 10-point outburst is a sign Ciampini might be ready to deliver on the promise the Mooseheads saw when they drafted him second overall in 2010.

"I've just tried to get into the open as much as I can. Give-and-goes, creating space offensively, that's what I like to do," Ciampini said. "It's good having guys surrounding you who can help you out with that. It's working out well."

Ciampini, who is entering his NHL draft year, had a productive rookie season in 2010-11, posting eight goals and 11 assists for 19 points in 37 games. But he missed more time to injury than any other player and didn't play the final five weeks of the season because of a knee injury.

Near the top

Luca Ciampini is the second-highest Mooseheads draft choice of all time behind only No. 1 choice Etienne Drapeau in 1994. Ciampini and Jonathan Drouin (2011) are both second-overall picks.

"It was disappointing sitting out all the time with injuries, but I learned a lot from watching the games and I'm trying to bring that this year," Ciampini said. "I hope to stay healthy and keep getting stronger and better every day."

Along with the 16-year-old MacKinnon, Ciampini is as big a part of the Mooseheads' present as he is the future.

Ciampini and MacKinnon are joined by a crop of forwards that is expected to be the team's best since 2007-08, also featuring Frk, Darcy Ashley, Alexandre Grenier, Brent Andrews and Matthew Boudreau.

The Mooseheads averaged a league-best five goals per game in the pre-season and hope it's a sign of things to come.

"Everybody was clicking," Ciampini said. "We're all offensive guys. The more pucks you put in, the more games you're going to win, and that's our goal right now."



► Mooseheads forward Luca Ciampini.



► Saint John Sea Dogs forward Jonathan Huberdeau.

Sea Dogs face NHL exodus

The Saint John Sea Dogs may still have the top team in the Quebec Major Junior Hockey League, but most of their stars will be missing when they kick off the season.

The defending league and Memorial Cup champion Sea Dogs play host to the rival Moncton Wildcats in the only game scheduled tonight in the QMJHL, while there are eight games set for tomorrow.

Saint John will have 16 players at NHL camps this month, including stars

Jonathan Huberdeau (Florida), Tomas Jurco (Detroit), Zack Phillips (Minnesota), Stanislav Galiev (Washington) and Nathan Beaulieu (Montreal).

At least two players — defencemen Simon Despres and Eric Gelinas — are likely to turn pro, while Huberdeau may well start the NHL season with the Panthers, who picked him third overall in June.

There's still plenty left to ice a contender, but don't expect the Sea Dogs to dominate quite like they did in posting a 58-7-

3 record in 2010-11.

"I think (the league) is going to be very balanced, with lots of parity, and it will be interesting to see what other team goes to Shawinigan for the MasterCard Memorial Cup," league commissioner Gilles Courteau said yesterday on the conference call.

It is the QMJHL's turn to have the Memorial Cup tournament in May and that honour went to the Shawinigan Cataractes, who gain an automatic entry. **THE CANADIAN PRESS**

RYAN TAPLIN/METRO

Packers, Saints ready for big stage

► NFL opener features past two Super Bowl champions and past two Super Bowl MVPs, QBs Brees and Rodgers

Look past the towering concert stage that engulfs part of the Lambeau Field parking lot and there's a pair of massive banners depicting Aaron Rodgers and Drew Brees hanging off the arena across the street.

Hotels will be full. Schools will close early in

Green Bay. Coolers will be stocked and grills will be sizzling. As Kid Rock warms up for a pre-game concert, there will be no doubt that a bigger-than-big game is hitting the NFL's smallest market.

For the league, it's a chance to put away any lingering resentment from an off-season filled with ugly and tense labour negotiations. For the Saints and Packers (9:30 p.m. TSN), it's a chance to send a message that they intend to contend again.

"It's a similar feel to a big game, a playoff game," the reigning Super Bowl MVP Rodgers said. "There's a big atmosphere outside the stadium. But the only thing that matters is taking care of business on the field."

Brees knows no big-picture objectives will be won or lost in Week 1.

"I'm sure we're go-

Old faces, new places

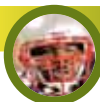
Metro looks at four players who could make big impacts with their new teams after a frenzied, lockout-shortened off-season.



QUINTIN MIKELL
OLD » EAGLES
NEW » RAMS
The Eagles usually know when to cut ties with aging players, but the 30-year-old safety can still bring it and fills a huge void left by starter Oshiomogho Atogwe.



KEVIN KOLB
OLD » EAGLES
NEW » CARDINALS
The QB gets a second shot at starting — and, with a \$65-million price tag, we're thinking it lasts longer than one game. Throwing to Larry Fitzgerald won't hurt either.



ALBERT HAYNESWORTH
OLD » REDSKINS
NEW » PATRIOTS
Bill Belichick is a master of getting the most out of his players (see: Randy Moss, 2007) — and this defensive end has too much talent to continue to be a bust.



PLAXICO BURRESS
OLD » PRISON
NEW » N.Y. JETS
Not many teams wanted the former inmate when he hit the open market in June. But Rex Ryan isn't one to pass on a reclamation project.

● METRO
WORLD NEWS

ting to the running game and have some new faces to make it happen. Reggie Bush is gone, but Pierre Thomas returns after being slowed by an ankle injury last season. He'll be joined by free agent addition Darren Sproles and first-round rookie Mark Ingram.

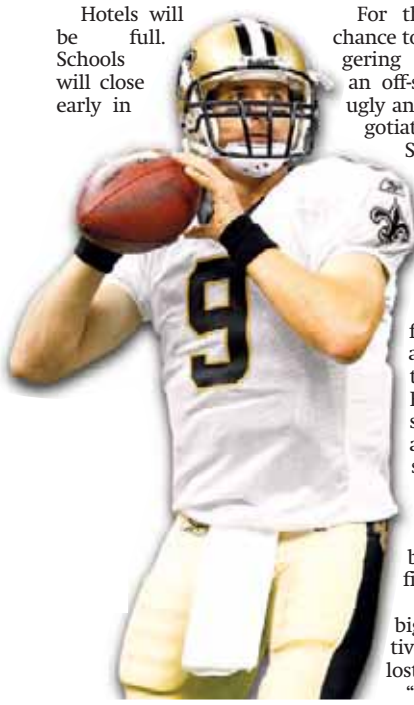
The Packers will get back at least three likely starters from injuries: Tight end Jeremichael Finley, safety Morgan Burnett and running back Ryan Grant. Grant will split carries with James Starks.

The Packers think the return of those injured players, along with some incoming rookies, will help them fend off any sense of complacency that may have prevented past Super Bowl winners from repeating.

Rodgers thinks the Packers can be perennial contenders.

"If you think about 'teams of the decades,' those teams won multiple Super Bowls," Rodgers said. "The Steelers of the '70s, Niners of the '80s, Cowboys in the '90s, Patriots in

the 2000s were multiple Super Bowl victors. We want to re-establish that tradition of going deep in the playoffs every year and making runs at Super Bowls." THE ASSOCIATED PRESS



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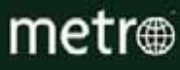
All Unemployed Start Now!

Sports Minded & like loud music!
Work F/T & Start @ 1pm!
Travel Across Canada! (optional)
Great hours & Great pay!
No Experience & Paid Training!
Paid Weekly up to 20\$/Hour
Plus Benefits!

Only 8 Positions Available!
Holly 902-240-6512

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

General Help



NEWSPAPER PROMOTERS
Monday-Friday MORNINGS
6:30 - 9:30am
10:25/hr

Wanted: AMAZINGLY AWESOME new hand promoters to work in downtown Halifax and Dartmouth. Great position for someone who likes mornings, students, or others who have commitments during the day.

Must be legally able to work in Canada and willing to work in all weather conditions. Typically, people whom excel at this position have the following traits:

- Punctual • Honest • Reliable
- Extroverted • Driven • Organized

If you wish to apply, please forward your resume and 2 references to:
metrohalifax@hotmail.com
*Only people who are selected for an interview will be contacted

Wanted Limo Driver

Must have Class 4 license or better
Live in or close to HRM - Clean Abstract
Well Groomed - Personable 864-8283

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AUTOMOTIVE

Cars & Trucks for Sale

\$10,470

2008 Chevrolet
Cobalt LT Coupe

4 cyl. Auto, Loaded
Cloth, 73K/kms

#U86273



407-4200

\$12,890

2008 Mazda 3

4 cyl. Auto, A/C,
low kms

#A86261



407-4200

Cars & Trucks for Sale

\$12,990

2009 Pontiac Vibe

4 cyl. Auto, 28K/kms

#M86289



407-4200

\$14,985

2010 Dodge
Caliber SXT

4 cyl. Auto, Loaded,
29K/kms

#E86319



407-4200

\$17,550

2007 Dodge Ram

1500 SLT

8cyl. Auto, Loaded,
4X4, 20" Wheels

#A86272



407-4200

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Cars & Trucks for Sale

\$18,977

2010 Dodge
Gr Caravan SE

6cyl. Auto, Loaded,
Full Sunroof, Rear

A/C, 45K/kms

#E86267



407-4200

\$18,985

2009 Chevrolet
Cobalt SS Turbo

4cyl. Man Trans,
Loaded, Sunroof

40K/kms

#U86255



407-4200

\$24,985

2009 Chevrolet
Silverado Crew cab LS

V8. Auto, Loaded 4X4

Cloth, 50K/kms

#U86301



407-4200

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Cars & Trucks for Sale

\$31,357

2010 Ford Explorer

Sport Trac 4x4

8cyl. Auto, loaded,
Leather, Sunroof 4x4,

44K/kms

#C86265



407-4200

\$8,970

2006 Chevrolet
Impala LS

6 cyl. Auto, loaded,
99K/kms

#U86238



407-4200

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Cars & Trucks for Sale

Cars & Trucks for Sale

Garage/Yard Sales

PERSONALS

Trades

MISCELLANEOUS

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Where Nova Scotia Comes to Save!
469-9050 DDODGE.COM

 <p>2010 Chrysler Sebring Touring Convertible 2.7L V6 Auto, PW, PL, Alloys, Sat. Radio, U Connect, Only 21K #DC171857 - \$19,977</p>	 <p>2010 Dodge Challenger SRT-8 6.1L Hemi, 6 speed, LOADED, leather, 20" Alloys, Nav, only 750kms!! Ltd Edition #DC296494 - \$43,977</p>
 <p>2009 Honda Civic EX 4 Cyl Auto, Loaded, Leather Int. Pwr Sunroof, Alloys, only 34K #11TJ3060A - \$19,995</p>	 <p>2010 Chrysler 300 Limited 3.5L V6 Auto, Leather Int., Power Sunroof, Alloys, U Connect, only 30K #CH225169 - \$22,977</p>
 <p>2010 Chrysler Town & Country Touring 4.0L V6 Auto, Loaded, DVD, Dual Pwr Sliding Doors Grp, Low kms 4 to choose from - \$27,995</p>	 <p>2010 Dodge Grand Caravan SE Plus 3.3L V6 Auto, Loaded, 7 Pass Stow N Go, Alloys, low kms 5 to choose from - \$20,995</p>
 <p>2010 Dodge Journey SXT 3.5L V6 Auto, Power Options, 5 passenger seating, Alloys, only 8000kms! #LP275080 - \$21,995</p>	 <p>2006 Jeep Liberty Limited 4x4 3.7L V6 Auto, PW, PL, Alloys, only 80K #11TJ9233A - \$12,995</p>
 <p>2010 Jeep Compass North 2.4L 4Cyl, Auto, PW, PL, Alloys, only 32kms #W581094 - \$19,995</p>	 <p>2008 Dodge Ram 1500 TRX-4 4x4 5.7L V8 Auto, AC, Power Options, Alloys, only 54kms #11R2486A - \$21,995</p>

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FAST OIL CHANGES & MORE

REAL ESTATE

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Mobil Home in Lantz Ns

2-3 bedroom mobile home in Lantz Ns
5 minutes to the 102 hwy
20 minutes to Burnside Industrial Park
Price: \$40,000
\$475/month
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RENTALS

Apartments Unfurnished

1 Bedroom Apt. \$635
H/HW/PKG included. Some pets ok.
Renovated Oct. 1 - Lower Sackville
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PETS

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CAVELIER KING CHARLES SPANIEL PUPS
needed, dewormed, vet checked & healthy.
1 male born January 6/11 - \$500
4 born April 6/11 - \$675 each
2 females 5 years for adoption
1 Westie male - \$500
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& Much More!

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OVER 150 SELLERS

Glooscap Arena, Canning

10' x 8' Space
with Table - \$26
CALL 902-463-2561
Saturday Sept. 10
9AM - 2PM

Forum Flea Market
(since 1975)
Windsor + Almon St.

200+ Tables
(Over 1000 Buyers)
Spaces \$15

Free Space for Fundraisers
Sunday 9-2pm
463-1406

Registrations
Teams, Events, Classes

Highland Dancing Lessons

When: Beginning Monday, Sept 12
4:30 - 5:15 pm Ages 4 and 5
5:15 - 6pm Ages 6 and 7

Where: Coastal Dance Studio, Dartmouth

Instructor: Jennifer Worthen

Jennifer is a former Nova Scotia champion highland dancer. She has 25 years experience teaching dancing and is a member of the Scottish Official Board of Highland Dancing Judges' Panel

Contact: Jennifer at 435-1755 worthendance@hotmail.com

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20yrs exp. Heal **YOUR NICOTINE CRAVINGS**
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Trades

FINISH CARPENTER

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<http://users.eastlink.ca/~lyndelmunro/>

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Registrations
Teams, Events, Classes

Community Events

Community Events

Community Events

CÉLEBRATION OF MOON FESTIVAL
海上生明月，天涯共此时

Saturday, September 10, 2011 Waterfront of China Town Restaurant

- Performances
- Music
- Chinese Food
- Mooncake
- Entertainment
- Prizes
- Fireworks

Tickets \$10 Adult, \$5 - Senior +65 or Children < 12 (snack included)

<http://www.cs-ns.com/zhongqiu/index.html> Contact: ChinaTown Restaurant 443-2444
Atlantic Eye Centre 492-3937

WANTED



AREA STIMULATION PROGRAM: 7 homes in Nova Scotia market area will be given the opportunity of having the Interlock® Roofing System installed on their home at substantial savings in return for helping us create market awareness for the purpose of neighborhood product visibility.

Interlock Roofing Systems are of interest to homeowners across North America who want a durable and beautiful roofing solution. Interlock needs to quickly find new areas to feature the Interlock Roofing System and is prepared to offer substantial savings to the next 7 homeowners that qualify.

Orders will be discounted on a first come first served basis. Interlock Roofing Systems are environmentally safe, come in many styles and colors, and are backed by a **Lifetime Limited Warranty**, 50 Year Transferable Non-ProRated, Maritime Permanent Roofing Ltd. is one of Nova Scotia's largest installers of metal roofing systems. Tens of thousands of satisfied homeowners across North America will never re-roof again with Interlock Roofing System. 100% Financing Available. Please call immediately if you are thinking of re-roofing, as this is a limited time offer.

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1-902-864-0700

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Massage/Therapists

John Panter, Certified Rolfer™



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Miscellaneous

A Naval tale for sale
www.odinsprophecy.ca
AN UNDERSEA INCIDENT

Bargain Brothers Liquidation

613 Main St, Dartmouth
(corner of #7 Hwy & Forrest Hills Parkway)
405-4610

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NEW Stock Arriving Daily

*Scrapbooking
*Dollar Items
*Giftware
*Brand Name Clothing
*Tools And Hardware
*Party Supplies
And Much Much More

Hours

Mon-Thurs: 10am-6pm
Fri: 10am-8pm
Sat: 10am-5pm
Sun: 10am-4pm

INTERACTIVE 101.3 THE BOUNCE NINE @9

FOR SEPTEMBER 7TH

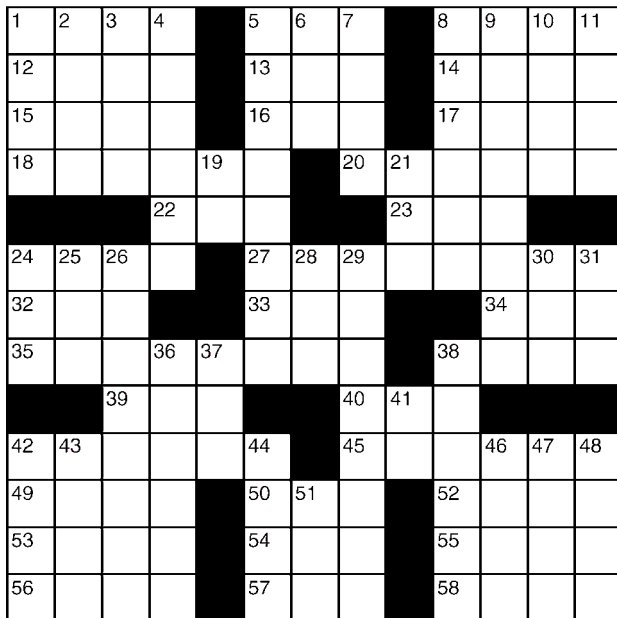
- 9 Pitbull ft Marc Anthony - Rain Over Me
- 8 Britney Spears - I Wanna Go
- 7 Hedley ft P. Reign - Invincible
- 6 Classified - Day Doesn't Die
- 5 David Guetta ft Nicki Minaj - Where Them Girls At
- 4 Lil Wayne - How To Love
- 3 Bad Meets Evil ft Bruno Mars - Lighters
- 2 Nicki Minaj - Superbass
- 1 Maroon 5 - Moves Like Jagger

1013THEBOUNCE.COM

Crossword

Across

- 1 Money
5 Here (Fr.)
8 Off-key
12 Minstrel's instrument
13 — sequitur
14 Regarding
15 Met melody
16 Moment
17 Slave to cross-words?
18 Mimicry expert
20 "The Maltese Falcon" director
22 Enjoy Aspen
23 Sch. org.
24 — accompli
27 Pest
32 Possess
33 Larry King's former employer
34 Western st.
35 Paraphrases
38 Big rig
39 Levy
40 Pull along
42 Iced dessert
45 Rhododendron's kin
49 Hebrew month
50 "2001" computer
52 Snatched
53 "The Amazing —"
54 Under the weather
55 Maintain
56 Picnic invaders
57 One of the family
58 Squeezes (out)
Down
1 Applaud
2 Emanation
3 Use a teaspoon
4 San Simeon pub-



- lisher
5 Natural aptitude
6 Miller Sebastian
7 Foot fraction
8 Cinco de Mayo party
9 Case
10 Italian river
11 Adolescent
19 Suitable
21 High points
24 Supporting
25 Shock and —
26 Teach
28 French article
29 Sets up for use, as

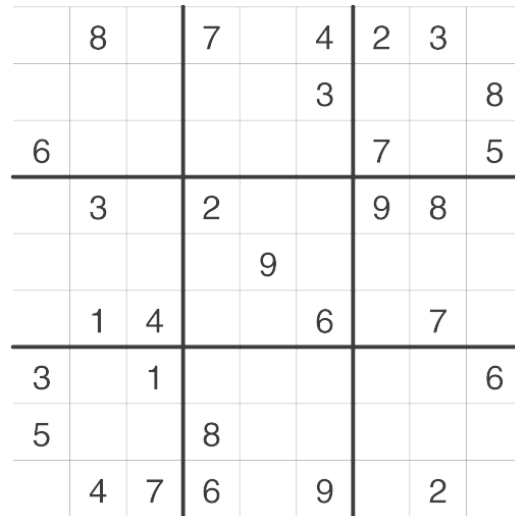
- software
30 Rotating part
31 Inventor Whitney
36 Restaurant furniture
37 Hatchet
38 Wrap
41 Wizard's place
42 Antitoxins
43 "The Good Earth" heroine
44 Anything but that
46 Glimpse
47 Model Macpherson
48 Tosses in

51 Will Smith biopic

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

4	3	1	9	7	5	2	6	8
9	7	8	6	2	3	5	4	1
2	6	5	1	8	4	3	9	7
8	2	7	3	9	1	6	5	4
5	1	4	2	6	8	7	3	9
3	9	6	4	5	7	8	1	2
6	5	2	8	4	9	1	7	3
7	4	3	5	1	2	9	8	6
1	8	9	7	3	6	4	2	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

coral olivos, As I gaze up into your eyes, two stars brown and bold, I can't help but notice all the warmth you truly hold. Through your eyes I see your soul, untouched and still whole. You love me, Already I know. Looking up into your eyes, makes me love you more and more each day.

MAMI

E.L. It has already been half a year since we first dated, and I've enjoyed every single moment of it. I'm grateful that I have someone like you who cares so much for me. I love that you're always there, especially during the times where I need you the most. I hope we never grow apart. I love you, forever & always. A.K.

Leo, I have two eyes to see you, two arms to hold you, two ears to hear you, two lips to kiss you but only one heart to love you! DAISY

Today's horoscope

♈ Aries March 21-April 20 You are in for some serious criticism today. Don't listen to it.
♉ Taurus April 21-May 21 Be careful who you confide in because if you reveal something embarrassing, soon everyone will know.
♊ Gemini May 22-June 21 You are no longer sure that what you are planning is such a good idea. It's a just a passing doubt.
♋ Cancer June 22-July 22 Chances are you will fall out with someone who does not share your outlook on life. But that's OK.

♌ Leo July 23-Aug. 23 Don't allow yourself to be distracted by events that are likely to steer you away from your long-term goals.
♍ Virgo Aug. 24-Sept. 22 No matter how much you want to explain to certain people what you expect, they may not understand.
♎ Libra Sept. 23-Oct. 23 Someone you work with is harbouring a secret grudge against you.
♏ Scorpio Oct. 24-Nov. 22 If you take what someone tells you at face value today, you'll miss the more interesting half of the story.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Think before you speak today: Sometimes words can be more dangerous than actions.
♑ Capricorn Dec. 22-Jan. 20 This is a great time of year for you, so don't hold back.
♒ Aquarius Jan. 21-Feb. 18 The only reason a colleague is being so critical of you is because they resent your success.
♓ Pisces Feb. 19-March 20. There's no need to kick yourself for failing to get around to completing a project. SALLY BROMPTON

Caption contest



"Please sir...I want some more."
JOHANNA



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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from USD
+ taxes & fees USD \$60

CRUISE roundtrip Miami and visit Nassau (overnight).

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Conditions apply. Cruise prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

STOP!
ALL OUT
BLOWOUT

HARVARD'S LARGEST SALE TO DATE

SAVE \$3,062



**2008 Kia
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#7038

FWD, 4 Cyl 2.4L,
Auto, 80,936kms

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**2008 Mercedes-
Benz B-Class B200**

#7042

FWD, 4 Cyl 2.4L,
Auto, 61,444kms

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4.99% OAC**

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**2008 Ford
F150 XLT**

#6875

4x4, XTR Pkg, V8
Flex Fuel 5.4L, Auto,
71,633kms

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SAVE \$2,562



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G35-S**

#7000

RWD, V6 3.5L,
Auto, 92,934kms

WAS \$24,450

CarProof REPORT

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SAVE \$1,562



**2006 Hyundai
Sonata GL**

#7203

FWD, 4 Cyl 2.4L,
Auto, 87,308kms

WAS \$12,450

CarProof REPORT

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SAVE \$1,526



**2009 Kia
Rio EX**

#7228

FWD, I-4 Cyl 1.6L,
Auto, 64,609kms

WAS \$12,450

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LIFE**

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Corolla CE Plus**

#7024

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45,091kms

WAS \$17,950

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Compass**

#7218

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YEARS IN
BUSINESS**

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